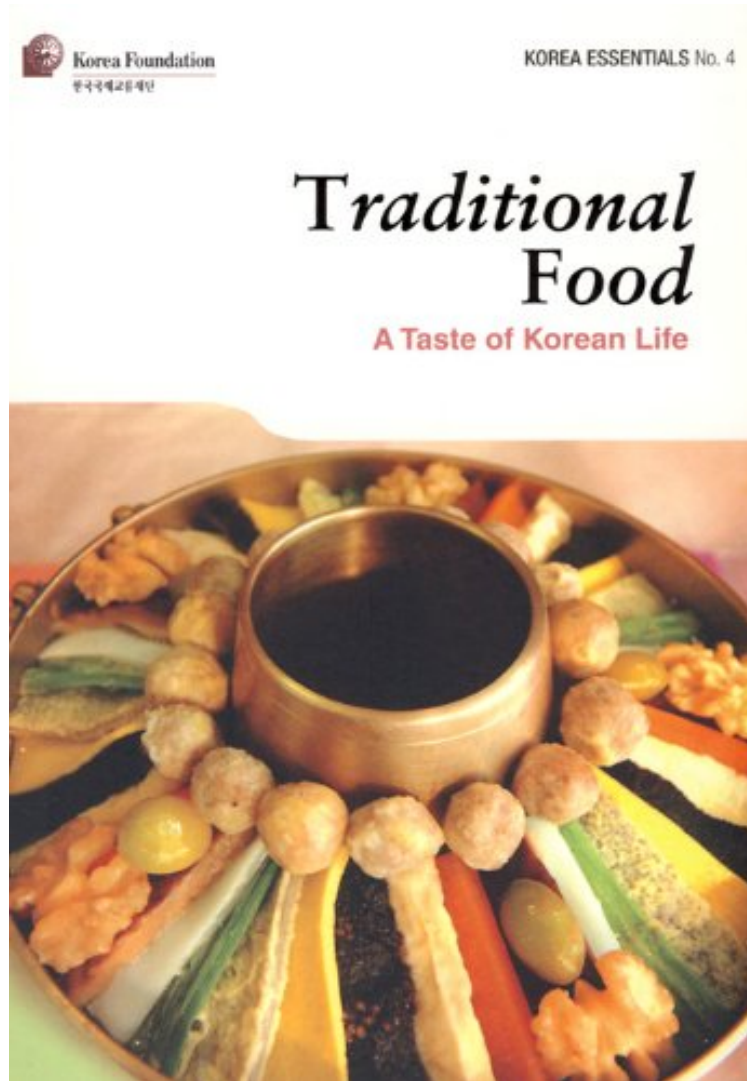


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Traditional Food: A Taste of Korean Life (Korea Essentials)

Robert Koehler

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Robert Koehler : Traditional Food: A Taste of Korean Life (Korea Essentials) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Traditional Food: A Taste of Korean Life (Korea Essentials):

3 of 3 people found the following review helpful. Excellent background and research material By Fred Morin This book is basically 2 issues of the Korea Foundation's excellent Koreana magazine greatly expanded to include info on the whole range of traditional Korean food. Having read those 2 issues I can tell you that this book is pretty much unrecognizable as repurposed content. It's totally a standalone book, which seems to have been written by Robert Koehler. The book is small but extremely well written and accurate. Note that there are no recipes in it, it's really for

informational purposes only. It's well laid out and has some nice photos too. Highly recommended.

Nowadays, with healthy living and the "slow food" movement receiving spotlight worldwide, Korean cuisine is drawing much interest as a healthy cuisine with nutritional harmony and balance. In fact, Koreans have traditionally viewed food as "medicine," a means to keep oneself healthy and strong. Korea's four seasons and geography have produced a good many seasonal dishes and foods that reflect the nation's geographic characteristics, such as seafood from the ocean that surrounds the peninsula. This book will attempt to explore Korea's 5,000-year-old culinary culture and introduce to readers the historical, cultural, nutritional and philosophical background to this rich cuisine.